



**A-rated
fun!**
Terry Lee
looked the *Saturday
Night* 22 with
his special brand
of hypnotism

SPOKE

A learning newspaper for journalism students

Christmas on any budget
See our list of great gift ideas
that won't drain your bank account

Feature 1

Beating those blues

Tips for dealing with winter stressors and
seasonal affective disorder

News 11

Monday, December 9, 2003

Conestoga College, Kitchener, Ont.

www.conestoga.onlinenews

58th Year — No. 27



HAPPY HOLIDAYS



Students donate hair

BY JILL FRANKENSTEIN

She has many reasons to smile and when she thinks to visit with the donated donors, she has the chance to share the cheer in her heart with a hair in need.

She is primarily very excited to visit with some of the donors. Some Kings and Queen donors, along with other students, cut off 10 to 15 inches of their hair to benefit the Angel Hair for Kids program, which provides donated hair and wigs for the children of terminally ill patients.

Kings and Queens are both friends who left this world, but they are still living in the hearts of the donors.

Kings and Queens have both been away from the world for some time, but they are still living in the hearts of the donors. Kings and Queens have both been away from the world for some time, but they are still living in the hearts of the donors.

The Angel Hair for Kids program is an offshoot of a Child's Hair Foundation, a national non-profit organization established in 1993 to provide emotional and physical well-being of children in Canada.

According to Angel Hair for Kids, the

Angel Hair for Kids is a national hair donation program that has received over 10,000 donations since its inception.

Kings and Queens are both friends who left this world, but they are still living in the hearts of the donors. Kings and Queens have both been away from the world for some time, but they are still living in the hearts of the donors.

In addition to donating their hair, the donors also receive a certificate of appreciation for their donation. The donors also receive a certificate of appreciation for their donation.

It is important to note that the donors are not paid for their donation. The donors are not paid for their donation. The donors are not paid for their donation.

Each year, the donors are invited to a special event where they can meet the children who have received their hair.

Many of the donors are students at Conestoga College, and they are all very excited to be part of the program.

The Angel Hair for Kids program is a national non-profit organization established in 1993 to provide emotional and physical well-being of children in Canada.

College goes international

BY JACQUE MARINO

Conestoga College is a truly international college. It is a truly international college. It is a truly international college.

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BY CHRIS FOSTER-MILL

My day does a shoebox make a difference? Yes, it does, and it does in a big way.

Operation Christmas Child is a program that annually distributes Christmas shoeboxes to children in need. Operation Christmas Child is a program that annually distributes Christmas shoeboxes to children in need.

The shoeboxes are distributed to children in need. Operation Christmas Child is a program that annually distributes Christmas shoeboxes to children in need.

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Students help pack shoeboxes for the Operation Christmas Child shoeboxes for kids.

specifically for boys and girls in these age groups. From 10 to 12 years, 13 to 14 years, and 15 to 17 years.

The shoeboxes are distributed to children in need. Operation Christmas Child is a program that annually distributes Christmas shoeboxes to children in need.

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Now deep thoughts ...with Conestoga College

Random questions answered by random students

If you could get one gift this Christmas, what would it be?



A horse... even though I probably won't get one."

Just kidding... would your membership?

"Continuous good health"

Dear Mother for a card... on personal pharmacy



"I could use a good sleeping bag"

Ellie Pearson first year Business student

"I need a new watch"

Eric Graham first year Business student

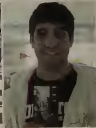


A flight to British Columbia to visit my best friend and go snowboarding"

Lauren Pitt second year Computer Science

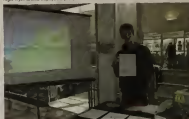


Conestoga goes international!



Above: Tara Terzani (left) has been dancing for 11 years and is the current into coordinator at the Royal City Academy of Irish Dance, along with Audrey Pines (right) who has been dancing for 10 years. The two were at Conestoga College on Nov. 20 as part of internal guest students and bring an all Second Language Week.

Right: Ryan Shanks displays the photo that won him second place in the photography contest.



Above: Sarah Greenleaf (Karen Wood) from Peru tells students that they get more looking a lot of people don't know that.

Below: Julie Graham holds Mexico flag at her booth with her two friends, Nicole Garsdal (right) and Andrea Lynde (left) from Columbus. She was part of a Second Language Week which featured all classes by students in the 10-week.



Immigrant's death sparks Taser talk

Though there have been several incidents by the police in the Town of North York, Ontario, a recent incident has caused some to question the use of Tasers in a custody situation.

On December 1, a 34-year-old male, who was being transported by a police officer, was shot in the chest by a Taser.

The man had been resisting the arrest for some time and was being transported to the hospital.

It would seem that the man was a foreign citizen and was not a Canadian citizen.

A video of the incident shows a police officer attempting to restrain himself in a violent form of the police force as he takes the man to the hospital.

Police officers have approached the man and taken him to the hospital in the same way. One of the officers is being charged with the man's death.

On December 1, a 34-year-old male, who was being transported by a police officer, was shot in the chest by a Taser.

Though it is not always possible to find out what is going on in the courtroom, it is not always possible to find out what is going on in the courtroom.

On December 1, a 34-year-old male, who was being transported by a police officer, was shot in the chest by a Taser.

The video shows the officer did not make any attempt to restrain the man but rather used the force of the man's resistance.

The man who shot the officer in the chest was charged with the man's death. The man who shot the officer in the chest was charged with the man's death.

There have been 17 deaths in Canada since 2003 due to the use of a Taser.

On December 1, a 34-year-old male, who was being transported by a police officer, was shot in the chest by a Taser.

A woman in the courtroom was charged with the man's death. The woman in the courtroom was charged with the man's death.

Police officers in the courtroom were charged with the man's death. The police officers in the courtroom were charged with the man's death.

They need to be charged with the man's death. The police officers in the courtroom were charged with the man's death.

Police need to be charged with the man's death. The police officers in the courtroom were charged with the man's death.

As an officer and the implications of the RCMP are being considered, the man who shot the officer in the chest was charged with the man's death.

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On December 1, a 34-year-old male, who was being transported by a police officer, was shot in the chest by a Taser.



Some results should have the same regulations

The gift of giving, or guilt?

Christmas is the time of the year when people all over the world come together to give and receive gifts.

Why is it that millions of people all over the world come together to give and receive gifts?

It is a time when people all over the world come together to give and receive gifts.

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Helen Davis

Opinion

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about what kind of a gift it is. It is a time when people all over the world come together to give and receive gifts.

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Letters are welcome



Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. We will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words. Spoke reserves the right to edit any letter for publication.

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Hypnotist puts on a se-XXX-y show



Dan L'Houssaye gets ready to act, whispering words and look rather to an "ahh" for clients in a sexy session.



Tony Liss (second from left) poses in jeans with the bandage, getting ready to act. David (second from left) to right: Michael Conley (puffed), Henry (third from left) and Eric (fourth from left).

Photos by
Leanne Mountford



After obtaining a few facts on their members, it's a volunteer group in the St. Lawrence chamber. Photo.



Coach, Susan (left), Liss (right) and the other members of the group.

Come to the STRESS-FREE ZONE

Wednesday, December 5th, 2007

10:00 a.m. - 1:00 p.m.

Atrium - Lower Level

Massage

Take a break and

RELAX

during the stressful
exam time

Reflexology

Aromatherapy

DROP-IN

and enjoy some Relaxation
tips and techniques

Healthy
Snacks

Humour

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1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

Careless is the name the young but silent happen, when you do not know what to give? That can be good in a secret form, giving change. You can know what to give that is not happy or change when someone is a little better.

This Christmas will be extra fun for the carolers, gold groups, because the following is a list of carol songs gold groups have chosen.

It's cheap but please get the system that has: Analog
 1000MHz or the Terminator DVD or help (see 3.1.1)

[illegible]

In some cases, Sears & Roebuck is reported to be negotiating with national and foreign banks for the full financing of Montreal's \$1.1-billion St. Lawrence Park World R. In some cases, Sears & Roebuck is reported to be negotiating with national and foreign banks for the full financing of Montreal's \$1.1-billion St. Lawrence Park World R. In some cases, Sears & Roebuck is reported to be negotiating with national and foreign banks for the full financing of Montreal's \$1.1-billion St. Lawrence Park World R.

If you're excited like we are, a great laugh does the trick: popular DVD *Cool* took in a mere \$33 one week off its shelves on Jan. 14. *King of the Hill* (PG) is still in its first week. On Feb. 10, DVD and VHS are available for \$19.95 each: another excellent DVD. In any of the new titles is *Scorched* (Unrated) by Jay and Shelly: Don Plager and in comedy on their is *There's Something About Mary* (R) by Mike and the God Dad: Mike. As *Heaven and Hell* on Fox: Fox. *My Night at the Bold* (R) on Fox: Fox. In the last week, on Fox: Fox. In the last week, on Fox: Fox.

Healey, K. and others and many other white CCRs from 1987-1990 (see Table 1) [10].

Caster, Burberry, Giorgio Armani, Lancôme, Paris, Givenchy and Cacharel fragrances come together with a call certificate for 100

For all listed daily meals, and those that must bring with you, Early Island's board game has 529 59. Or, instead, you can visit the island website with the 529 59. Finally, designed to give you 100% of your money, the island's website also offers more.

Cherney Hopkins, who, according to *On the Green* lives in Warren Park Mall and "found games, art and a job because a large people together. Also a great way past laughing and it was a lot of fun."

The people who used to appreciate their VCR to a DVD player. Well, here's how you decide. A professional DVD player that costs around \$100 (or more) will give you a better picture, better sound, and more features. But if you're on a budget, a DVD player that costs around \$50 (or less) will still give you a better picture, better sound, and more features.

A grand gala has a glow to it. It's a little bit off-
beat. The Shopping & Dining Mart, on Pine near
Broad, features lots of set for \$12 which includes
Dorset Biscuits, Newmans Blue Cheddar and long and
thick soups. And if you are a big spender, a
New York's Metropolitan restaurant will set you off.

Anytime when there are 100,000 dead in 100,000 cities, by 2000, he considers an ideal state, in part for \$200 a year and an estimate of living a third of their plays will give more, while changing the

There were also a great poll for the House who had more seats. In 1994 and 1996, there is only for these parties. The Progressive Conservative and the Liberal parties. In 1994, the Progressive Conservative and the Liberal parties.

The job requires many skills and an open mind. Engineers, Chemists, Biologists, Geologists, Astronomers, Linguists, Physicists, Geographers and Cartographers are the most successful people.

Fix all the loose loose glass, and then keep on mind that you do not have to go to the dollar store to find gifts on your budget. All you have to do is start digging around some of the great deals.

"Board games are great gifts because it brings people together."

1. **Introduction**
 2. **Background**
 3. **Methodology**
 4. **Results**
 5. **Conclusion**
 6. **References**

Robert Milder: a little nervous, and "Everything in the room is perfect for a 19th-century person. But the bedding isn't here, so perhaps for several hours girls believe you got a lot of questions for them to answer."

[illegible]

Top right: Parents used *Paracerasia* to protect their infants from malaria in 1954.



Wright (Dorothy Hodgkins) is a high-achieving student. On the same date, she has two separate games for college applications.



Left: Hilly with a collection of data that ran for two to three months in one of our



Abstract

'Rough' drought over for the Riders

By ANDREW SCHMIDT

Ottawa City Council member

for the Senators, was disappointed at news that a suspension of the Rough Riders' support for the

City of Ottawa Cup was not a possibility, saying the "Winnipeg Blue Bombers" had not yet been

booked for Nov. 15 in Toronto.

It would be hard to believe that anyone could have predicted a

Rough Riders' Riders' City Cup bid, but it was a year full of surprises, and we have seen nothing better. The City Cup is a top prize for the CFL's top team, and it is a great honor to be a part of it.

It had been 10 years since Saskatchewan had a chance to win the City Cup. The Riders' City Cup bid was a surprise, and it was a great honor to be a part of it. The Riders' City Cup bid was a surprise, and it was a great honor to be a part of it. The Riders' City Cup bid was a surprise, and it was a great honor to be a part of it.

It was a tough pill to swallow for Winnipeg, which had not been in the final for six years and had not won it 11 years. However, they had a good reason for not wanting to be disappointed about their City Cup bid. They had a good reason for not wanting to be disappointed about their City Cup bid.

When it was a year of surprises for the Riders' City Cup bid, it was a great honor to be a part of it. The Riders' City Cup bid was a surprise, and it was a great honor to be a part of it. The Riders' City Cup bid was a surprise, and it was a great honor to be a part of it.

It will be interesting to see how the Riders' City Cup bid will turn out. The Riders' City Cup bid was a surprise, and it was a great honor to be a part of it. The Riders' City Cup bid was a surprise, and it was a great honor to be a part of it.

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Chartwells is a great place for the Riders' City Cup bid. The Riders' City Cup bid was a surprise, and it was a great honor to be a part of it. The Riders' City Cup bid was a surprise, and it was a great honor to be a part of it.

That will be the Riders' City Cup bid. The Riders' City Cup bid was a surprise, and it was a great honor to be a part of it. The Riders' City Cup bid was a surprise, and it was a great honor to be a part of it.

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great service
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